

Mobility as a Service

31 January 2017
Loughborough

Loneliness and the Ageing Population
Mervyn Kohler
Age UK

Key numbers

- Between 2010 and 2030, the population over 65 will grow by 50% to 16m.
- During the same period, the population over 80 will grow by 100% to 2.5m

Survey findings

Over 1 million older people say they always or often feel lonely.

- 500,000 over 60 usually spend every day alone.
- 500,000 go five or six days a week without seeing or speaking to anyone.

Intrinsic drivers of loneliness in the older population

- Bereavement
- Poor health
- Living with complex multiple disabilities

Extrinsic drivers of loneliness in the older population

- Cuts to public services and public transport
- Closure of public toilets, local pubs, shops and banks
- Smaller families, and widening geographical footprint of families and friends
- Growth of information and communications technologies tends to exclude many older people

Some consequences of chronic loneliness

- As harmful as smoking 15 cigarettes a day
- Can exacerbate heart conditions and strokes, diabetes, depression and poor mental health
- 14% of GPs are seeing 6+ patients a day with whom loneliness seems to be the underlying problem

Age UK Index of Wellbeing in Later Life

Cultural participation and engagement is cited as a key factor in promoting a good wellbeing score

The Challenge

Too little
appropriate help
with mobility

- We see the wheelchair and the white cane, but not the person with hidden disabilities
- For some, continuous information is helpful – for others it is a distraction
- The confidence that a journey can be undertaken is crucial